

































Fore River, Portland, ME - Dec 2019

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	2:13	8.9	2:17	9.7	8:04	1.1	8:44	0.2	6:54	4:05	
2	Mon	3:05	8.6	3:10	9.2	8:57	1.5	9:37	0.6	6:55	4:05	
3	Tue	3:58	8.4	4:05	8.8	9:53	1.8	10:29	0.9	6:56	4:05	
4	Wed	4:52	8.3	5:02	8.5	10:51	1.9	11:21	1.2	6:57	4:04	
5	Thu	5:44	8.4	5:59	8.3	11:49	1.8			6:58	4:04	
6	Fri	6:36	8.5	6:55	8.3	12:14	1.3	12:47	1.6	6:59	4:04	
7	Sat	7:24	8.8	7:48	8.4	1:04	1.3	1:40	1.3	7:00	4:04	
8	Sun	8:09	9.1	8:35	8.5	1:50	1.2	2:27	0.9	7:01	4:04	
9	Mon	8:49	9.5	9:19	8.7	2:32	1.1	3:08	0.5	7:02	4:04	
10	Tue	9:27	9.8	10:01	8.8	3:12	0.9	3:48	0.1	7:03	4:04	
11	Wed	10:05	10.1	10:42	9.0	3:51	0.8	4:28	-0.3	7:04	4:04	
12	Thu	10:44	10.3	11:23	9.1	4:30	0.6	5:08	-0.5	7:05	4:04	
13	Fri	11:25	10.5			5:12	0.5	5:50	-0.7	7:06	4:04	
14	Sat	12:05	9.1	12:08	10.6	5:55	0.4	6:34	-0.8	7:06	4:04	
15	Sun	12:49	9.2	12:54	10.6	6:41	0.4	7:20	-0.8	7:07	4:04	
16	Mon	1:37	9.2	1:44	10.4	7:31	0.4	8:11	-0.7	7:08	4:05	
17	Tue	2:29	9.2	2:39	10.1	8:26	0.5	9:05	-0.5	7:08	4:05	
18	Wed	3:26	9.3	3:40	9.8	9:26	0.6	10:02	-0.3	7:09	4:05	
19	Thu	4:26	9.4	4:45	9.6	10:30	0.5	11:02	-0.1	7:10	4:06	
20	Fri	5:26	9.6	5:52	9.4	11:36	0.4			7:10	4:06	
21	Sat	6:27	9.9	6:59	9.3	12:03	0.0	12:44	0.1	7:11	4:07	
22	Sun	7:27	10.2	8:02	9.3	1:05	0.1	1:49	-0.3	7:11	4:07	
23	Mon	8:23	10.5	9:00	9.4	2:03	0.1	2:47	-0.7	7:12	4:08	
24	Tue	9:14	10.7	9:54	9.5	2:57	0.0	3:40	-1.0	7:12	4:08	
25	Wed	10:04	10.8	10:44	9.5	3:48	0.0	4:30	-1.1	7:13	4:09	
26	Thu	10:51	10.8	11:32	9.4	4:36	0.1	5:17	-1.1	7:13	4:09	
27	Fri	11:36	10.6			5:23	0.2	6:02	-0.9	7:13	4:10	
28	Sat	12:17	9.3	12:20	10.4	6:07	0.4	6:45	-0.6	7:13	4:11	
29	Sun	1:00	9.1	1:03	10.0	6:51	0.7	7:27	-0.3	7:14	4:12	
30	Mon	1:43	8.8	1:47	9.6	7:35	1.0	8:10	0.1	7:14	4:12	
31	Tue	2:28	8.6	2:32	9.2	8:21	1.2	8:54	0.6	7:14	4:13	